PRO-FORM®
Club Design 800

Serial Number Decal

USER'S MANUAL

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are damaged or missing, **PLEASE DO NOT CONTACT THE STORE; please contact Customer Care.**

IMPORTANT: You must note the product model number and serial number (see the drawing above) before contacting us:
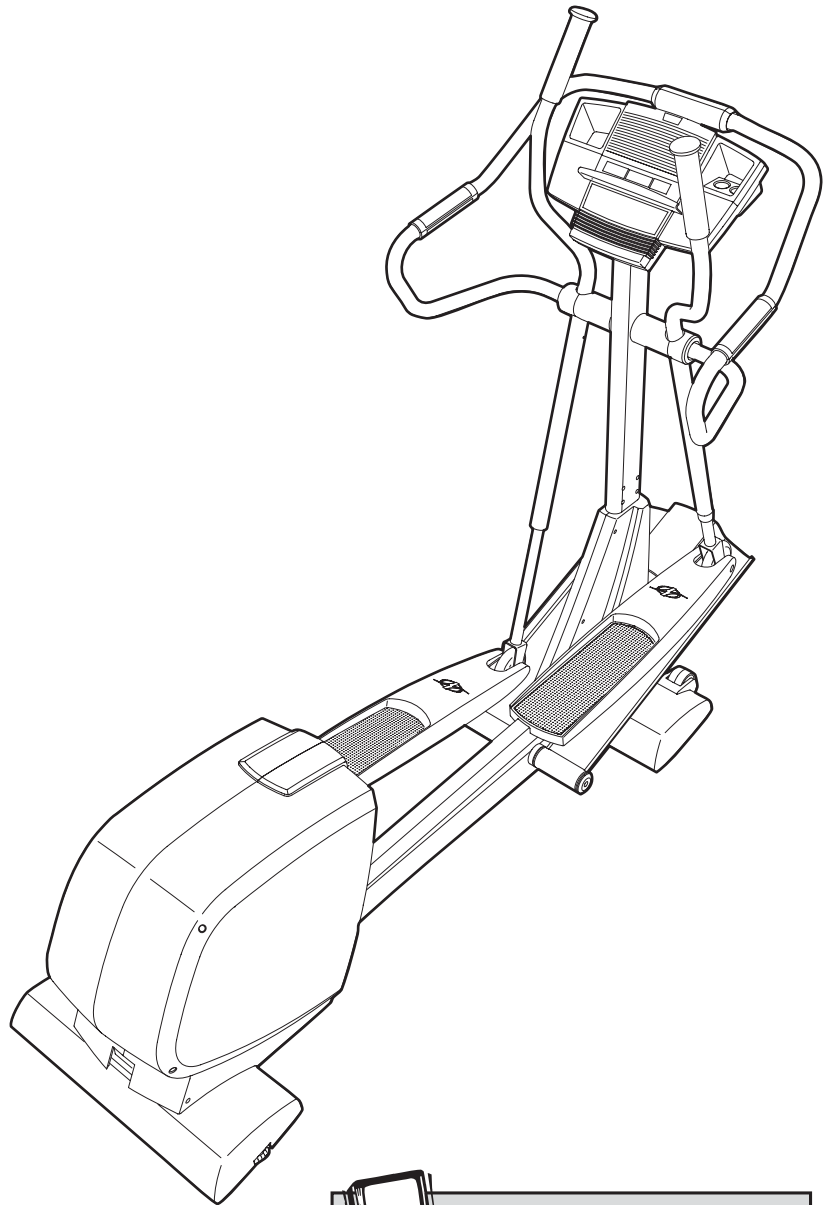
CALL TOLL-FREE:
1-888-533-1333
Mon.–Fri. 6 a.m.–6 p.m. MST
Sat. 8 a.m.–4 p.m. MST

ON THE WEB:
www.proformservice.com

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.
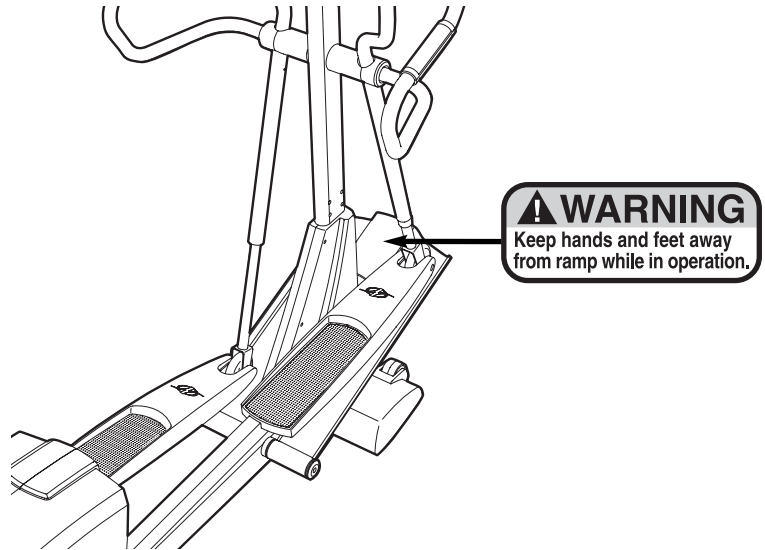
Visit our website at

www.proform.com
new products, prizes,
fitness tips, and much more!

TABLE OF CONTENTS

WARNING DECAL PLACEMENT

The warning decal shown here has been applied in the location shown. **If the decal is missing or illegible, call the telephone number on the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal may not be shown at actual size.

⚠ **WARNING**
Keep hands and feet away
from ramp while in operation.

PROFORM is a registered trademark of ICON IP, Inc.

IMPORTANT PRECAUTIONS

⚠️ **WARNING:** To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your elliptical exerciser before using your elliptical exerciser. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.

2. It is the responsibility of the owner to ensure that all users of the elliptical exerciser are adequately informed of all precautions.

3. Your elliptical exerciser is intended for home use only. Do not use your elliptical exerciser in a commercial, rental, or institutional setting.

4. Keep your elliptical exerciser indoors, away from moisture and dust. Place your elliptical exerciser on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around your elliptical exerciser to mount, dismount, and use it.

5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.

6. Keep children under age 12 and pets away from your elliptical exerciser at all times.

7. Your elliptical exerciser should not be used by persons weighing more than 250 lbs. (113 kg).

8. Wear appropriate exercise clothes when exercising; do not wear loose clothes that could become caught on your elliptical exerciser. Always wear athletic shoes for foot protection.

9. Hold the handgrip pulse sensor or the handlebars when mounting, dismounting, or using your elliptical exerciser.

10. Keep your back straight while using your elliptical exerciser; do not arch your back.

11. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

12. When you stop exercising, allow the pedals to slowly come to a stop.

13. If you feel pain or dizziness while exercising, stop immediately and cool down.

14. Use your elliptical exerciser only as described in this manual.

15. Always unplug the power cord immediately after use and before cleaning the elliptical exerciser.
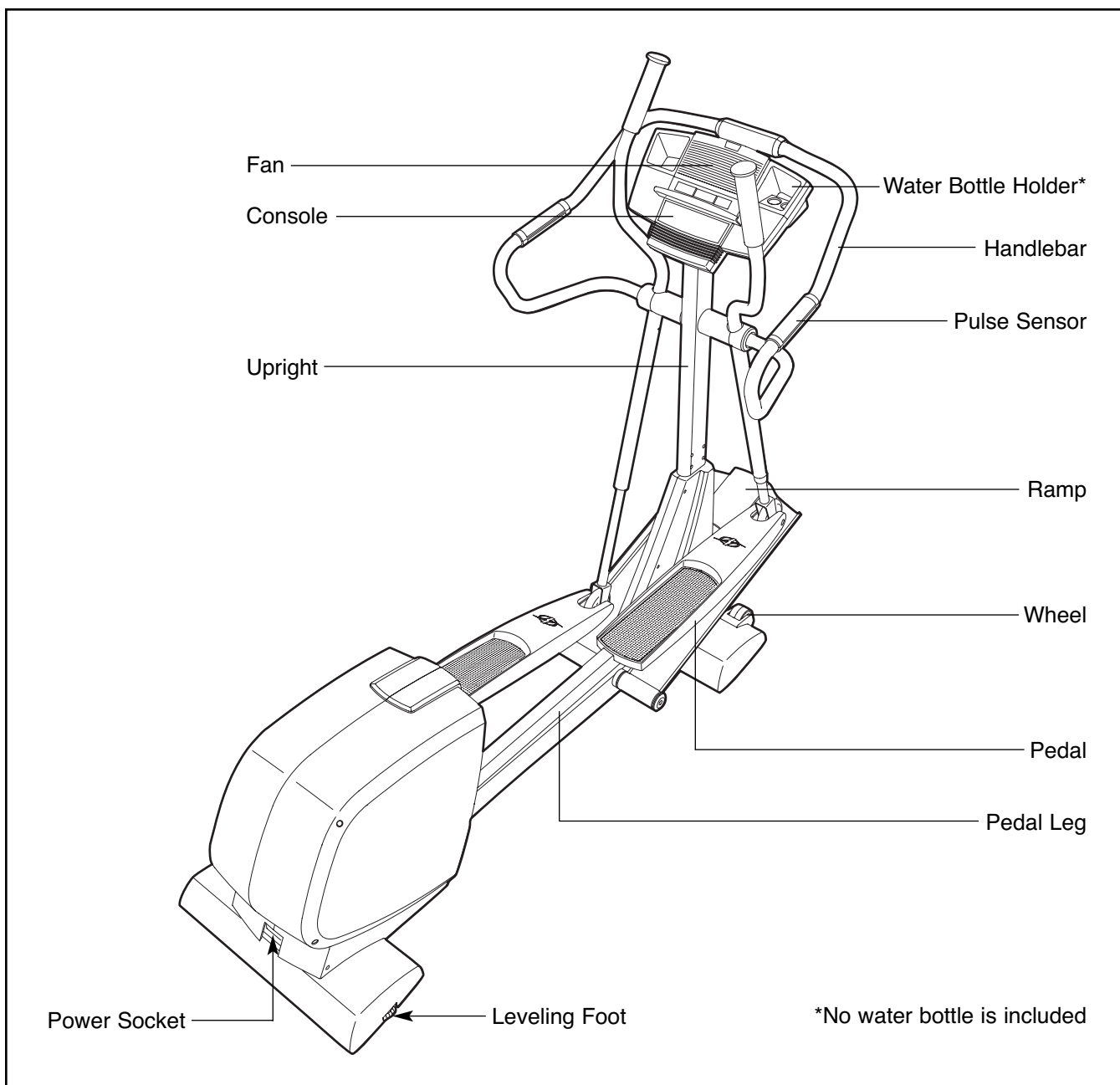
BEFORE YOU BEGIN

Congratulations for choosing the new PROFORM®
CLUB DESIGN 800 elliptical exerciser. The CLUB
DESIGN 800 elliptical exerciser offers an impressive
selection of features designed to make your workouts
at home more effective and enjoyable. And the CLUB
DESIGN 800 moves your feet in a natural elliptical
path, minimizing the impact on your knees and ankles.

**For your benefit, read this manual carefully before
you use the elliptical exerciser.** If you have ques-
tions after reading this manual, please see the front
cover of this manual. To help us assist you, note the

product model number and serial number before con-
tacting us. The model number and the location of the
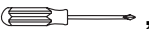serial number decal are shown on the front cover of
this manual.

**To avoid a registration fee for any service needed
under warranty, you must register the elliptical
exerciser at www.proformservice.com/registration.**

Before reading further, please familiarize yourself with
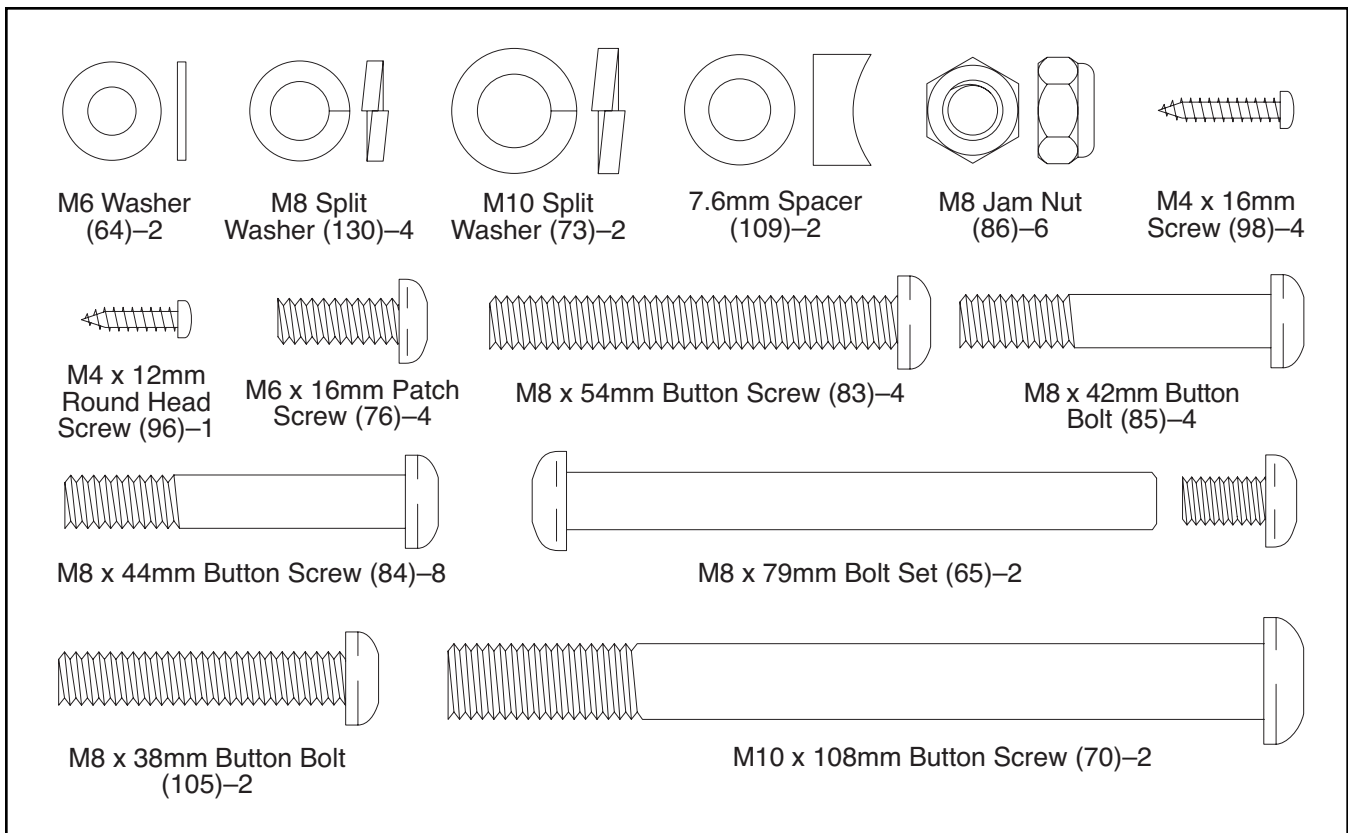the parts that are labeled in the drawing below.

Fan

Console

Upright

Water Bottle Holder*

Handlebar

Pulse Sensor

Ramp

Wheel

Pedal

Pedal Leg

Power Socket

Leveling Foot

*No water bottle is included

4

ASSEMBLY

To hire an authorized service technician to assemble the elliptical exerciser, call 1-800-445-2480.

Assembly requires two persons. Place all parts of the elliptical exerciser in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. **In addition to the included tools, assembly requires a Phillips screwdriver ▭▭▭▭▭▭▭ , two adjustable wrenches ▭▭▭▭▭ , a rubber mallet ▭▭▭▭▭ , and pliers ▭▭▭▭▭ .**

Use the drawings below to identify the small parts required for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: Some small parts may have been pre-assembled. If a part is not in the hardware kit, check to see if it has been preassembled.**

M6 Washer
(64)–2

M8 Split
Washer (130)–4

M10 Split
Washer (73)–2

7.6mm Spacer
(109)–2

M8 Jam Nut
(86)–6

M4 x 16mm
Screw (98)–4

M4 x 12mm
Round Head
Screw (96)–1

M6 x 16mm Patch
Screw (76)–4

M8 x 54mm Button Screw (83)–4

M8 x 42mm Button
Bolt (85)–4

M8 x 44mm Button Screw (84)–8

M8 x 79mm Bolt Set (65)–2

M8 x 38mm Button Bolt
(105)–2

M10 x 108mm Button Screw (70)–2

1.

Identify the Front Stabilizer (8). While another person lifts the front of the Frame (1) and holds the Pedal Legs (4, 5) in the position shown, attach the Front Stabilizer to the Frame with four M8 x 44mm Button Screws (84) and a Support Plate (104).

While another person lifts the rear of the Frame (1), attach the Rear Stabilizer (not shown) to the Frame in the same way.
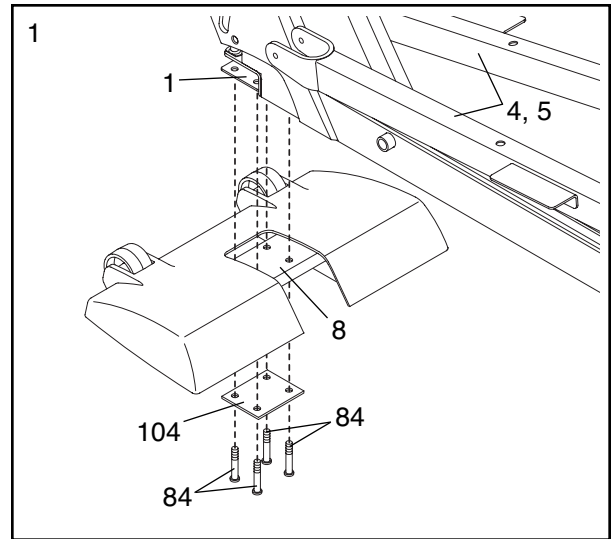

2. Identify the Pivot Axle (14), which is the longer of the two axles. Slide a Ramp Cover (48) onto an M6 x 16mm Patch Screw (76) as shown. Tighten the Patch Screw into one end of the Pivot Axle. Apply a small amount of the included grease to the Pivot Axle.

Have a second person hold the two Ramp Spacers (99) against the sides of the Frame (1) so they cover the indicated tubes on the Frame. Lift the Pedal Legs (not shown) out of the way and align the round tubes on the Ramp (3) with the Ramp Spacers. **Make sure that the Ramp is turned as shown in drawing 3 below.** Insert the Pivot Axle (14) into the Ramp, the Ramp Spacers, and the Frame. If necessary, tap the Pivot Axle with a rubber mallet to insert it.

Slide the other Ramp Cover (48) onto an M6 x 16mm Patch Screw (76) as shown. Tighten the Patch Screw into the other end of the Pivot Axle (14).
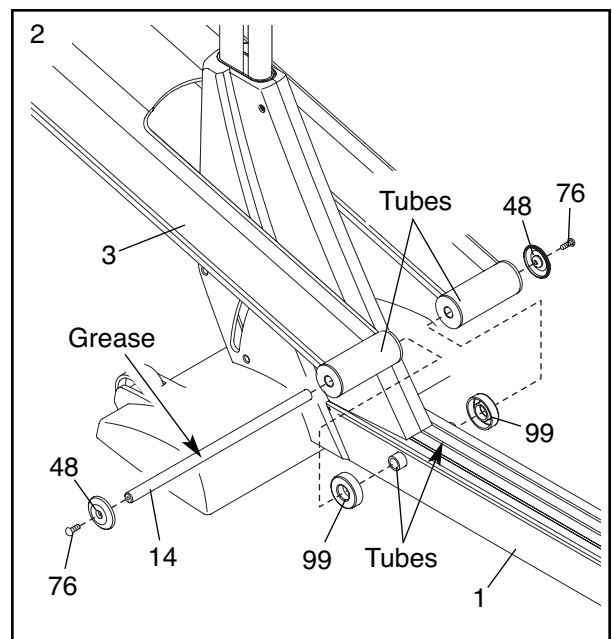
3. Slide an M6 Washer (64) onto an M6 x 16mm Patch Screw (76). Tighten the Patch Screw into one end of the Incline Axle (13). Apply a small amount of grease to the Incline Axle.

   Raise the Ramp (3). Insert the Incline Axle (13) into the welded tube under one side of the Ramp, through the motor screw, and then into the welded tube under the other side of the Ramp. **As you insert the Incline Axle through the motor screw, make sure that the motor screw does not turn.**

   Slide an M6 Washer (64) onto an M6 x 16mm Patch Screw (76). Tighten the Patch Screw into the open end of the Incline Axle (13).
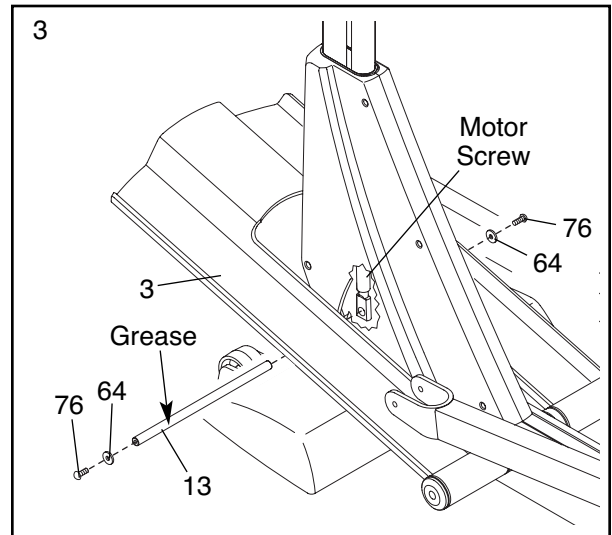
4. Have another person hold the Upright (2) in the position shown.

   Connect the Upper Wire Harness (115) to the Lower Wire Harness (42). Insert the connectors on the Wire Harnesses up into the Upright (2). **Carefully pull the upper end of the Upper Wire Harness to remove the slack from the Wire Harnesses.** See the inset drawing. Attach the Lower Wire Harness to the Upright with the Nylon Zip Tie (129). Pull the Nylon Zip Tie tight and cut off the excess.

   Insert the Upright (2) into the Frame (1). **Be careful to avoid pinching the Wire Harnesses (115, 42).** Attach the Upright with two M10 x 108mm Button Screws (70), two M10 Split Washers (73), and two 7.6mm Spacers (109); **make sure that the curved sides of the Spacers are facing the Upright. Be careful to avoid damaging the Wire Harnesses with the Button Screws.**


Do not pinch the wire harnesses during this step
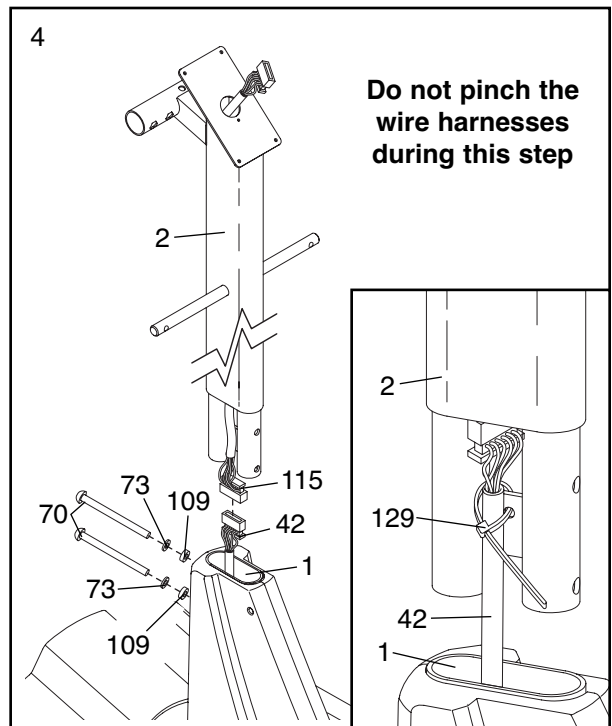
5. Slide a Weld Spacer (119) onto the axle on the left side of the Upright (2); make sure that the open side of the Weld Spacer is facing the Upright. Next, apply a small amount of grease to the axle.

Identify the Left Upper Body Arm (118), which is marked with a sticker. Remove the Upper Body Leg (31) from the Left Upper Body Arm. Apply a small amount of the included high-temperature lubricant to a paper towel, and rub a thin film of the lubricant onto the Upper Body Leg. Then, reinsert the Upper Body Leg into the Left Upper Body Arm.

Slide a Handlebar Cover (26) onto the indicated tube on the Left Upper Body Arm (118). Hold the Left Upper Body Arm with one hand, hold the Upper Body Leg (31) with your other hand, and slide the Left Upper Body Arm onto the axle on the left side of the Upright (2). Then, extend the Upper Body Leg until it rests on the Ramp (3).

**Repeat this step with the Right Upper Body Arm (128).**
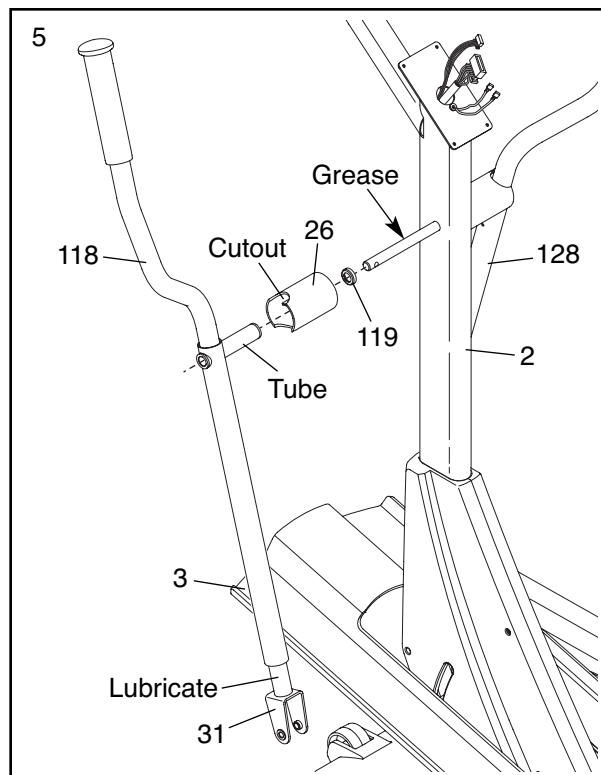
6. Have another person hold the Left Handlebar (24) near the Upright (2). Connect the left Pulse Sensor Wire (20) to the Pulse Extension Wire (114). Next, slide a Handlebar Cap (127) onto the lower end of the Left Handlebar.

Slide the upper end of the Left Handlebar (24) into the tube on the front of the Upright (2), while sliding the lower end of the Left Handlebar onto the axle on the left side of the Upright. Attach the upper end of the Left Handlebar with two M8 x 42mm Button Bolts (85) and two M8 Jam Nuts (86); **be careful not to damage the Wires (20, 114) as you insert the Button Bolts. Make sure that the Jam Nuts are resting in the hexagonal holes in the Left Handlebar.** Attach the lower end of the Left Handlebar with an M8 x 38mm Button Bolt (105) and an M8 Jam Nut (86). Then, press the tabs on the Handlebar Cap (127) into the left Handlebar Cover (26).

Attach the Right Handlebar (23) in the same way.
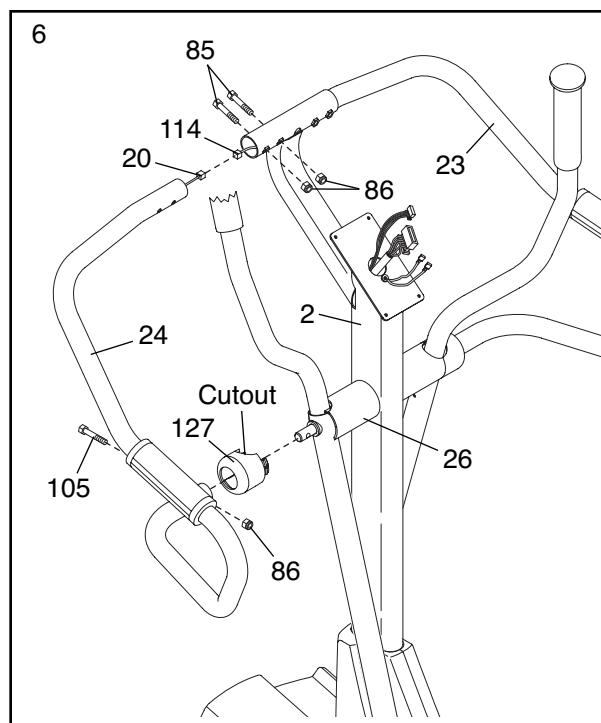
7. Hold the halves of the Upper Handlebar Cover (25) around the tube on the front of the Upright (2); **be careful not to damage the Wires (not shown).** Attach the Upper Handlebar Cover with an M4 x 12mm Round Head Screw (96).
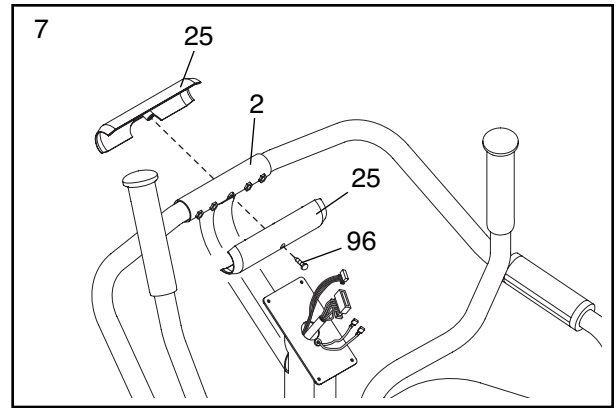
8. Apply a liberal amount of grease to the long side of each M8 x 79mm Bolt Set (65).

Identify the Left Pedal (10), which has a notch near the right side. Place the Left Pedal on the Left Pedal Leg (4). Have a second person hold the bracket on the left Upper Body Leg (31) inside of the bracket on the Left Pedal Leg, and hold a Wheel (28) inside of the bracket on the left Upper Body Leg.

Align the indicated holes, and attach the Left Pedal (10), the left Upper Body Leg (31), and the Wheel (28) to the Left Pedal Leg (4) with an M8 x 79mm Bolt Set (65). Attach the rear of the Left Pedal to the Left Pedal Leg with two M8 x 54mm Button Screws (83) and two M8 Split Washers (130)..

Repeat this step on the right side of the elliptical exerciser.

See step 4. Tighten the two M10 x 108mm Button Screws (70).
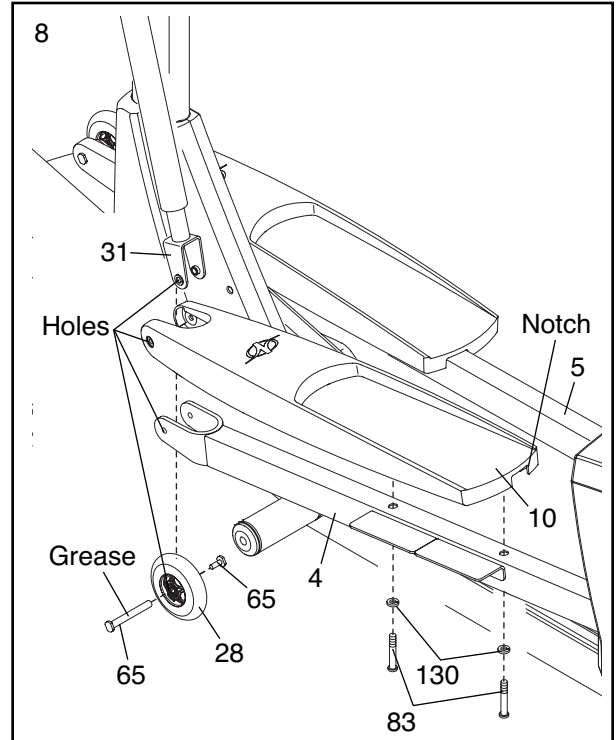
9. Have another person hold the Console (17) near the Upright (2).

   Connect the Upper Wire Harness (115) to the wire harness on the Console (17). Connect the Pulse Extension Wire (114) to the pulse wire on the Console. Next, locate the two ground wires that are attached with a screw to the Upright (2). Connect the ground wires to the two smallest wires on the Console.

   Carefully insert all excess wiring up into the Console (17) and down into the Upright (2). Attach the Console to the Upright with four M4 x 16mm Screws (98). (Note: The Screws may be shipped in the console box.) **Be careful to avoid pinching the wires.**
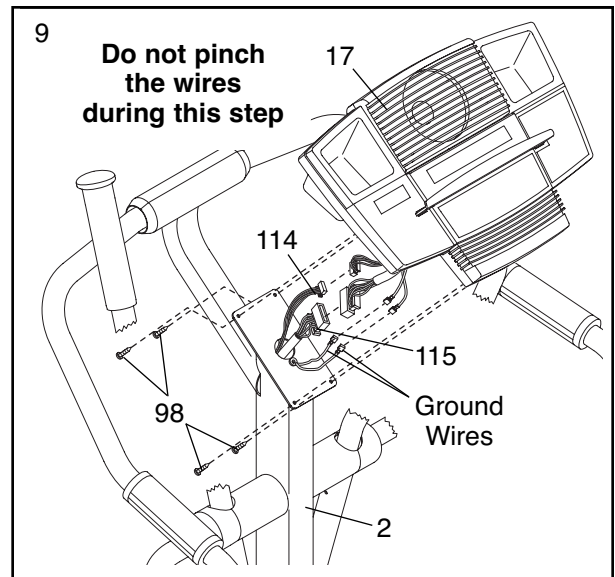
10. Plug the Power Cord (116) into the Power Socket (117) at the rear of the elliptical exerciser.
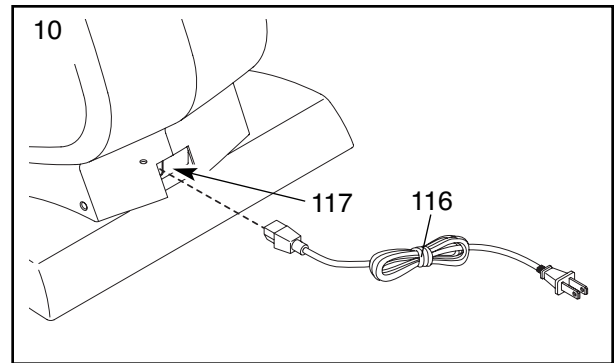
11. **Make sure that all parts of the elliptical exerciser are properly tightened.** Cover the floor beneath the elliptical exerciser to protect the floor from damage. Note: Some extra hardware may be left over.

HOW TO USE THE CHEST PULSE SENSOR

To get the best performance from the chest pulse sensor, please read the instructions below.

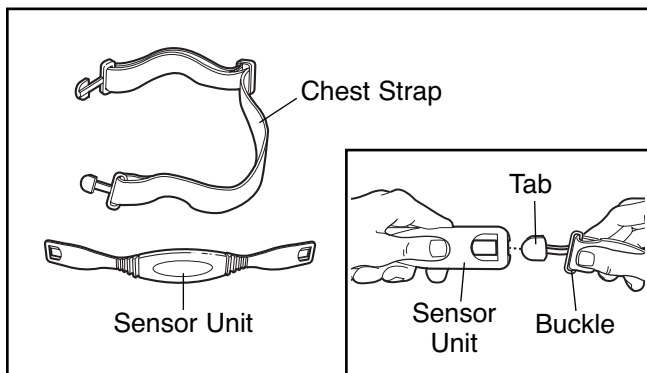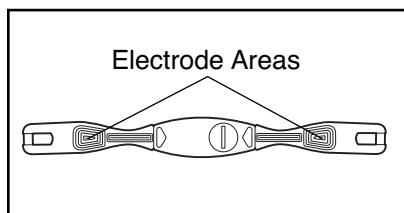### HOW TO PUT ON THE CHEST PULSE SENSOR

The chest pulse sensor consists of two components: the chest strap and the sensor unit. Follow the steps below to put on the chest pulse sensor.

1. See the inset drawing above. Insert the tab on one end of the chest strap through one end of the sensor unit as shown. Then, press the end of the sensor unit under the buckle on the chest strap.

2. Wrap the chest pulse sensor around your chest. Attach the free end of the chest strap to the sensor unit as described above. Adjust the length of the chest strap, if necessary. The chest pulse sensor should be under your clothing, against your skin, and as high under the pectoral muscles or breasts as is comfortable. Make sure that the logo is facing forward and is right-side-up.
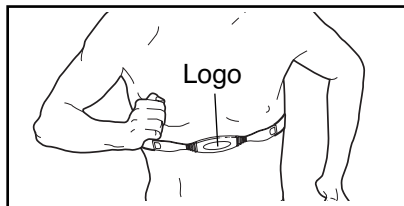
3. Pull the sensor unit away from your body a few inches and locate the two electrode areas on the inner side. Using a saline solution such as saliva or contact lens solution, wet both electrode areas. Return the sensor unit to a position against your chest.

CHEST PULSE SENSOR TROUBLESHOOTING

If the chest pulse sensor does not function properly, or if the displayed heart rate is excessively high or low, try the steps below.

·   Make sure that the chest pulse sensor is worn exactly as described in step 2 at the left. If the chest pulse sensor does not function when positioned as described, move it slightly lower or higher on your chest.

·   Each time you use the chest pulse sensor, use saline solution such as saliva or contact lens solution to wet the two electrode areas on the sensor unit (see the drawing in step 3 at the left). If heart rate readings do not appear until you begin perspiring, re-wet the electrode areas.

·   Make sure that you are within arm's length of the console. **For the console to display heart rate readings, the user must be within arm's length of the console.**

·   The chest pulse sensor is designed to work with people who have normal heart rhythms. Heart rate reading problems may be caused by medical conditions such as premature ventricular contractions (pvcs), tachycardia bursts, and arrhythmia.

·   The operation of the chest pulse sensor can be affected by magnetic interference caused by high power lines or other sources. If it is suspected that magnetic interference may be causing a problem, try relocating your exercise equipment.

·   If the chest pulse sensor still does not function properly, test the chest pulse sensor in the following way:

Hold the chest pulse sensor and place your thumbs over the electrode areas as shown.
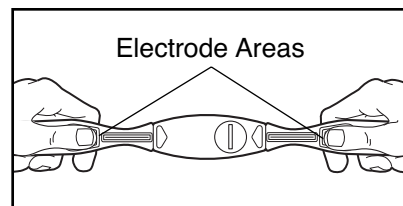
Next, hold the chest pulse sensor near the console. While holding one thumb stationary, begin tapping the other thumb against the electrode area at a rate of about one tap per second. Check the heart rate reading on the console.

• If the chest pulse sensor does not function properly after you have followed all of the above instructions, the battery should be replaced in the following way:

Locate the battery cover on the back of the sensor unit. Insert a coin into the slot in the cover, turn the cover counterclockwise, and remove the cover.
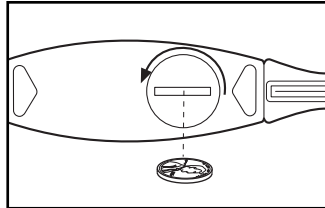
Remove the old battery and insert a new CR 2032 battery. **Make sure that the battery is turned so the writing is on top.** Replace the battery cover and turn it clockwise to close it.

CR 2032 Battery
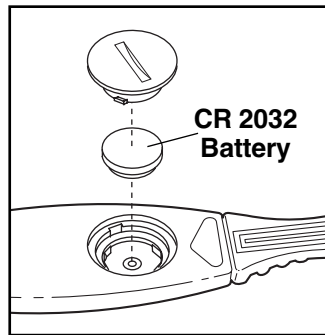
CHEST PULSE SENSOR CARE

• Thoroughly dry the chest pulse sensor after each use. The chest pulse sensor is activated when the electrode areas are wetted and the chest pulse sensor is put on; the chest pulse sensor shuts off when it is removed and the electrode areas are dried. If the chest pulse sensor is not dried after each use, it may remain activated longer than necessary, draining the battery prematurely.

• Store the chest pulse sensor in a warm, dry place. Do not store the chest pulse sensor in a plastic bag or other container that may trap moisture.

• Do not expose the chest pulse sensor to direct sunlight for extended periods of time. Do not expose the chest pulse sensor to temperatures above 122° Fahrenheit (50° Celsius) or below 14° Fahrenheit (-10° Celsius).

• Do not excessively bend or stretch the sensor unit when using or storing the chest pulse sensor.

• Clean the sensor unit using a damp cloth—never use alcohol, abrasives, or chemicals. The chest strap may be hand washed and air dried.

HOW TO USE THE ELLIPTICAL EXERCISER

HOW TO PLUG IN THE POWER CORD

This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. **Plug the power cord into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. This product is for use on a nominal 120-volt circuit. IMPORTANT: The elliptical exerciser is not compatible with GFCI-equipped outlets.**
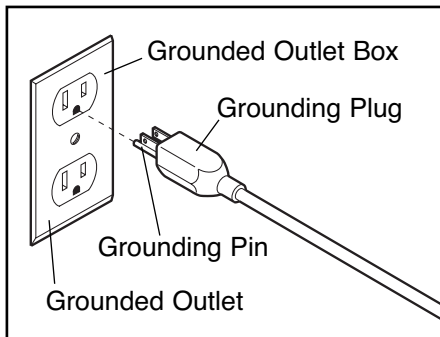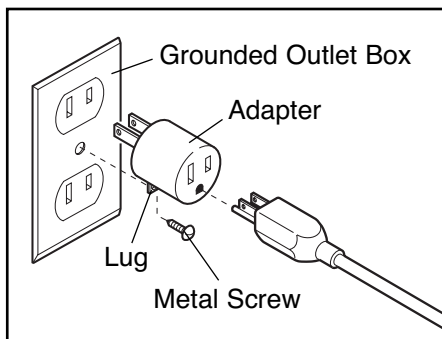
Grounded Outlet Box

Grounding Plug

Grounding Pin

Grounded Outlet

⚠ **DANGER:** **Improper connection of the equipment-grounding conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.**

A temporary adapter may be used to connect the power cord to a 2-pole receptacle as shown at the right if a properly grounded outlet is not available. The temporary adapter should be used only until a properly grounded outlet can be installed by a qualified electrician.

Grounded Outlet Box

Adapter

Lug

Metal Screw

The green-colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used, it must be held in place by a metal screw. **Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.**

Note: When the power cord is plugged in, the elliptical exerciser's incline system may automatically calibrate itself. During the calibration process, two dashes (– –) will appear in the main display of the console, and the ramp will move to the highest position and then return to the lowest position. The calibration process will last for one to two minutes.

EXERCISING ON THE ELLIPTICAL EXERCISER

To mount the elliptical exerciser, hold the handlebars and step onto the pedal that is in the lowest position. Next, step onto the other pedal. Push the pedals until they begin to move with a continuous motion.

Handlebar
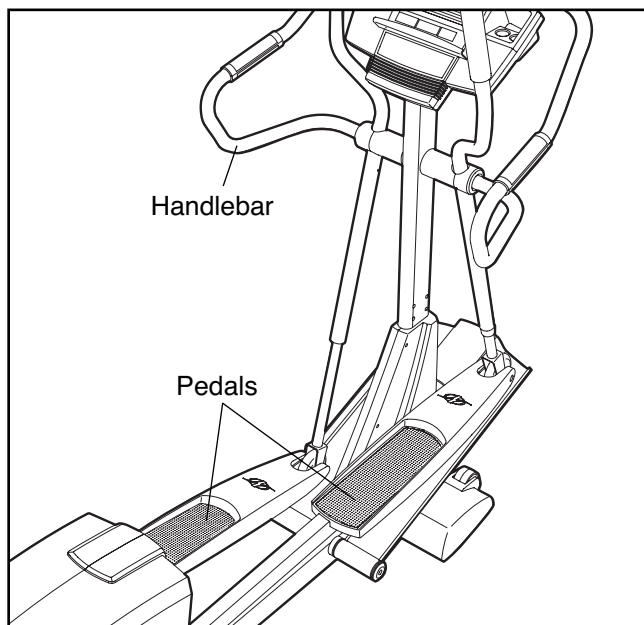
Pedals

To dismount the elliptical exerciser, wait until the pedals come to a complete stop. **The elliptical exerciser does not have a free wheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the highest pedal first. Then, step off the lowest pedal.

CONSOLE DIAGRAM

DISTANCE — — RAMP ANGLE — PACE — HEART RATE —

7.6 18:55 122.6

SPEED — — RESISTANCE — TIME — — SEGMENT TIME — CALORIES — — FAT CALS.

WARM-UP / COOL-DOWN FAT BURN ENDURANCE PERFORMANCE
TRAINING ZONES

Certified Personal Trainer Programs
Heart Rate Control Programs

Body Fat Analysis
− + ENTER

PROGRAM SELECT LOW — — HIGH FAN iFIT.com

10° 15° **1STEPRAMP** 25° 30°
20°

1 2 3 **1STEPRESISTANCE** 8 9 10
4 5 6 7

⚠ *WARNING:*
To reduce risk of serious injury, read and understand the user's manual, all instructions, and the warnings before use. Keep children away.

FEATURES OF THE CONSOLE

The state-of-the-art console offers an impressive array of features. When the manual mode of the console is selected, the resistance of the pedals and the angle of the ramp can be changed with a touch of a button. As you exercise, the console will provide continuous exercise feedback. You can even measure your heart rate and your body fat percentage.

The console also offers 15 certified personal trainer programs. Each program automatically changes the resistance of the pedals and prompts you to increase or decrease your pace as it guides you through an effective workout.

In addition, the console features four heart rate control programs that automatically change the resistance of the pedals and prompt you to vary your pace to keep your heart rate near a target level as you exercise.

The console also features iFIT.com interactive technology. Having iFIT.com technology is like having a personal trainer in your home. Using the included audio cable, you can connect the elliptical exerciser to your home stereo, portable stereo, computer, or VCR and play special iFIT.com CD and video programs (iFIT.com CDs and videocassettes are available separately). iFIT.com CD and video programs automatically control the resistance of the pedals and prompt you to vary your pace as a personal trainer coaches you through every step of your workout. High-energy music provides added motivation. **To purchase iFIT.com CDs and videocassettes, call the telephone number on the front cover of this manual.**

With the elliptical exerciser connected to your computer, you can also go to our website at www.iFIT.com and access programs directly from the Internet. **Explore www.iFIT.com for more information.**

To use the manual mode of the console, see page 15. To use a personal trainer program, see page 17. To use a heart rate program, see page 18. To use an iFIT.com CD or video program, see page 23. To use a program from our website, see page 24. To measure your body fat percentage, see page 25.

Note: If there is a sheet of clear plastic on the face of the console, remove it before using the console.

HOW TO USE THE MANUAL MODE

**1. Begin pedaling to activate the console.**

Make sure that the power cord is properly plugged in (see HOW TO PLUG IN THE POWER CORD on page 13). To activate the console, simply begin pedaling. After a few seconds, the console displays will light. A tone will then sound and the console will be ready for use.

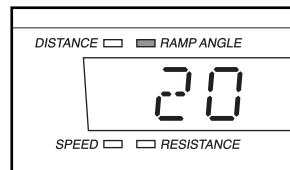**2. Select the manual mode.**

When the power is turned on, the manual mode will be selected. If you have already selected a program or a different mode, select the manual mode again by repeatedly pressing the Program Select button until the words "MANUAL MODE" appear in the main display. Note: Another way to select the manual mode is to press the iFIT.com button twice.

3. Change the resistance of the pedals and the angle of the ramp as desired.

To change the resistance of the pedals, press the Resistance buttons. Resistance level 10 is the highest resistance level. Note: After the Resistance buttons are pressed, it will take a moment for the pedals to reach the selected resistance level.

DISTANCE ⬜ ⬜ RAMP ANGLE

5

SPEED ⬜ ⬛ RESISTANCE
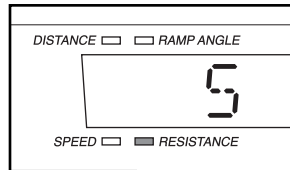
To vary the feel of your exercise on the elliptical exerciser, increase or decrease the angle of the ramp by pressing the Ramp buttons. There are five ramp angles. Note: After the Ramp buttons are pressed, it will take a moment for the ramp to reach the selected angle.
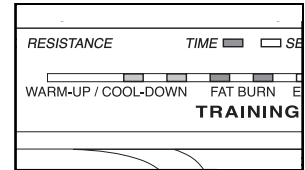
DISTANCE ⬜ ⬛ RAMP ANGLE

20

SPEED ⬜ ⬜ RESISTANCE

4. Monitor your progress with the matrix, the Training Zone bar, and the main display.

The matrix—When the manual mode or the iFIT.com mode is selected, the matrix will display a 1/4-mile track. As you pedal, the indicators around the track will light in succession until the entire track is lit. The track will then darken and the indicators will again begin to light in succession.

Certified Personal Trainer Programs
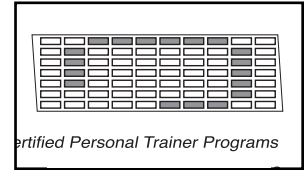
The Training Zone bar—The Training Zone bar will indicate the approximate intensity level of your exercise. For example, if three or four indicators in the bar are lit, the bar shows that your pace is ideal for fat burning. Note: During programs, the Training Zone bar will also prompt you to increase or decrease your pace.

RESISTANCE   TIME ⬜ ⬜ SE

WARM-UP / COOL-DOWN   FAT BURN   E
TRAINING

The main display—The main display will show the following information:

The left side of the main display will show the distance you have pedaled, your pedaling speed, the resistance level of the pedals, and the angle of the ramp. The display will change from one number to the next every few seconds, as shown by the indicators around the display.

DISTANCE ⬜ ⬜ RAMP ANGLE

7.6

SPEED ⬛ ⬜ RESISTANCE
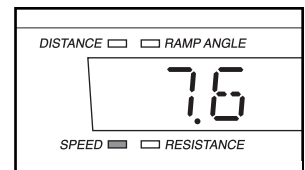
The center of the main display will show your pedaling pace (in *minutes per mile*) and the elapsed time. The display will change from one number to the next every few seconds, as shown by the indicators around the display. Note: When a program is selected, the display will show the time remaining in the program and the time remaining in the current segment of the program instead of the elapsed time.

⬜ PACE

18:55

TIME ⬛ ⬜ SEGMENT TIME

15
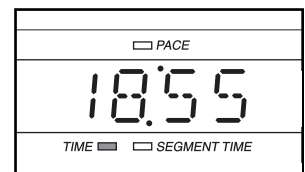
The right side of the main display will show the approximate numbers of *calories* and *fat calories* you have burned (see Burning Fat on page 27). The display will change from one number to the next every few seconds, as shown by the indicators around the display. Note: When you use the handgrip pulse sensor or the chest pulse sensor, the display will also show your heart rate.
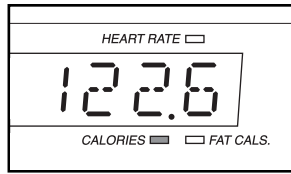
Note: The console can display speed and distance in either miles or kilometers. To find which unit of measurement is selected, you must select the console's user mode. Hold down the Program Select button for about three seconds. The letter "E" for English miles or the letter "M" for metric kilometers will appear on the right side of the main display. To change the unit of measurement, press the Resistance 10 button.
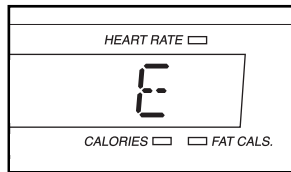
While the user mode is selected, press the iFIT.com button. The main display will then show the total number of hours that the elliptical exerciser has been used. Press the iFIT.com button again. The main display will then show the total number of miles pedaled. To exit the user mode, press the Program Select button again.

5. **Measure your heart rate if desired.**

To use the chest pulse sensor, see page 11. To use the handgrip pulse sensor, follow the instructions below. **Note: If you wear the chest pulse sensor and hold the handgrip pulse sensor at the same time, the console will not display your heart rate accurately.**

If there are thin sheets of plastic on the metal contacts on the handgrip pulse sensor, peel off the plastic. To measure your heart rate, hold
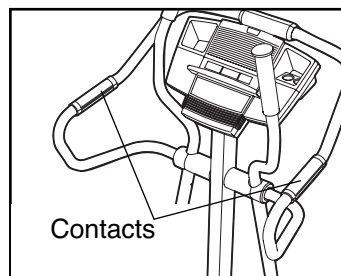
Contacts

the contacts; your palms must be resting on the upper contacts, and your fingers must be touching the lower contacts. **Avoid moving your hands.**

When your pulse is detected, the Heart Rate indicator above the right side of the main display will light, two dashes (– –) will appear in the main display, and then your heart rate will be shown. For the most accurate heart rate reading, hold the contacts for at least 15 seconds.
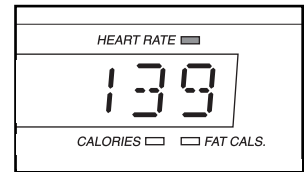
Note: If you continue to hold the contacts, the main display will show your heart rate for up to 30 seconds. The main display will then show your heart rate along with the other modes.

If your heart rate is not shown, make sure that your hands are positioned as described. Be careful not to move your hands excessively or to squeeze the contacts too tightly. For optimal performance, clean the contacts using a soft cloth; never use alcohol, abrasives, or chemicals.

6. **Turn on the fan if desired.**

To turn on the fan, press the Fan button. Pivot the fan to the desired angle. To turn on the fan at high speed, press the Fan button again. To turn off the fan, press the Fan button a third time.

7. **When you are finished exercising, the console will automatically turn off.**

If the pedals are not moved for several seconds, a tone will sound, the console will pause, and the time will begin to flash in the main display.

If the pedals are not moved for about five minutes, the console will turn off and the main display will be reset.
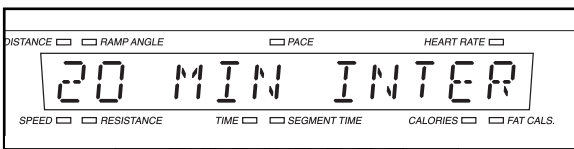
HOW TO USE PERSONAL TRAINER PROGRAMS

1.   Begin pedaling to activate the console.

See step 1 on page 15.

**2.   Select one of the 15 personal trainer programs.**

When the power is turned on, the manual mode will be selected. To select a personal trainer program, repeatedly press the Program Select button until the name of the desired program appears in the main display.

The matrix will show the first eight resistance settings of the program you have selected.


DISTANCE ☐ ☐ RAMP ANGLE   ☐ PACE   HEART RATE ☐

20 MIN INTER

SPEED ☐ ☐ RESISTANCE   TIME ☐ ☐ SEGMENT TIME   CALORIES ☐ ☐ FAT CALS.

3.   Begin pedaling to start the program.

Each program is divided into several time segments of different lengths. (The main display will show both the time remaining in the program and the time remaining in the current segment of the program.) One resistance setting and one pace setting are programmed for each segment. (The same resistance setting and/or pace setting may be programmed for two or more consecutive segments.)
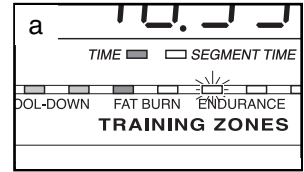
Certified Personal Trainer Programs
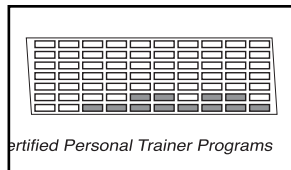
The resistance setting for the first segment will be shown in the flashing Current Segment column of the matrix. (The pace settings are not shown in the matrix.) The resistance settings for the next several segments will be shown in the columns to the right.
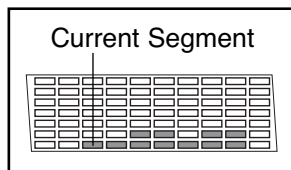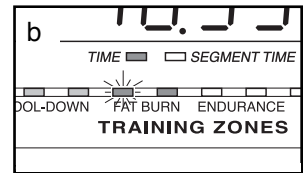
Current Segment

When only three seconds remain in the first segment of the program, both the Current Segment column and the column to the right will flash, a series of tones will sound, and *all resistance settings will move one column to the left.* The resistance setting for the second segment will then be shown in the flashing Current Segment column, and the resistance of the pedals will automatical-

ly change if a different resistance setting is programmed for the second segment.

As you exercise, the Training Zone bar will help you to keep your pedaling pace near the pace setting for the current segment. The lit indicators in the bar will show your actual pace. If an indicator to the *right* of the lit indicators is flashing (see drawing a), increase your pace. If an indicator to the *left* of any lit indicator is flashing (see drawing b), decrease your pace. When no indicator is flashing, your pace matches the pace setting for the current segment. **IMPORTANT: The pace settings are intended only to provide motivation. Your actual pace may be slower than the current pace setting. Make sure to exercise at a pace that is comfortable for you.**

a

TIME ☐ ☐ SEGMENT TIME

OOL-DOWN   FAT BURN   ENDURANCE
TRAINING ZONES

b

TIME ☐ ☐ SEGMENT TIME

OOL-DOWN   FAT BURN   ENDURANCE
TRAINING ZONES

The program will continue in this way until the main display shows that no time remains in the program.

Note: During the program, you can override the resistance setting for the current segment, if desired, by pressing the Resistance buttons. However, when the next segment begins, the resistance will automatically change if a different resistance setting is programmed for the next segment. If you stop pedaling for several seconds, a tone will sound and the program will pause. To restart the program, simply resume pedaling.

4. Monitor your progress with the main display.

See step 4 on page 15.

5. Measure your heart rate if desired.

See step 5 on page 16.

6. Turn on the fan if desired.

See step 6 on page 16.

7. When the program is finished, the console will automatically turn off.

See step 7 on page 16.

HOW TO USE HEART RATE PROGRAMS

Each heart rate program helps you to keep your heart rate near a certain *percentage* of your *maximum heart rate* during your workout. Note: Your maximum heart rate is estimated by subtracting your age from 220. For example, if you are 30 years old, your maximum heart rate is 190 (220 – 30 = 190).

Heart rate program 1 will keep your heart rate between 50% and 80% of your maximum heart rate; heart rate program 2 will keep your heart rate between 55% and 85%; heart rate program 3 will keep your heart rate between 60% and 85%; heart rate program 4 will keep your heart rate between 50% and 85%.

Follow the steps below to use a heart rate program.

1. **Begin pedaling to activate the console.**

    See step 1 on page 15.

2. **Select one of the four heart rate programs.**

    When the power is turned on, the manual mode will be selected. To select a heart rate program, press the Program Select button repeatedly until the words "HEARTRATE 1," "HEARTRATE 2," "HEARTRATE 3," or "HEARTRATE 4" appear in the main display.
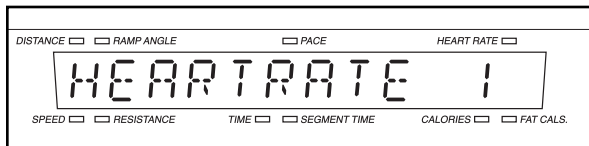

    Three seconds after a program is selected, the name of the selected program and the total program time will scroll across the main display. The current age setting will then begin to flash in the main display.

    During heart rate programs, the matrix will show a graphic that represents your heart rate. Each time a heartbeat is detected, an additional peak will appear.

    ertified Personal Trainer Programs
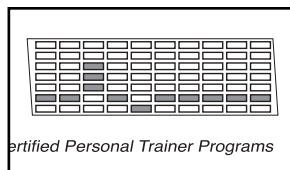
3. **Enter your age.**

    You must enter your age to use a heart rate program. If you have already entered your age, press the Enter button and go to step 4. If you have not entered your age, press the Up Arrow or Down Arrow button repeatedly to enter your age, and then press the Enter button. Once you have entered your age, it will be saved in memory.
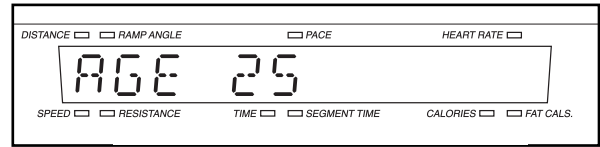
4. **Wear the chest pulse sensor or hold the handgrip pulse sensor.**

    To use the chest pulse sensor, see page 11.

    To use the handgrip pulse sensor, it is not necessary to hold the handgrips continuously during the program. However, you should hold the handgrips frequently for the program to operate properly. **Each time you hold the handgrips, keep your hands on the metal contacts for at least 30 seconds.** Note: When you are not holding the handgrips, the letters "PLS" will appear in the right side of the display instead of your heart rate.

5. **Begin pedaling to start the program.**

    Each heart rate program consists of 20 one-minute segments. (The main display will show both the time remaining in the program and the time remaining in the current segment of the program.) One resistance setting is programmed for each segment. (The same resistance setting may be programmed for two or more consecutive segments.)

    At the end of each segment, a series of tones will sound. The resistance of the pedals will then change if a different resistance setting is programmed for the next segment. Note: If the resistance is too high or too low, you can adjust the resistance by pressing the Resistance buttons. However, when the next segment begins, the resistance will automatically change if a different resistance setting is programmed for the next segment.

As you exercise, the Training Zone bar will help you to keep your heart rate near the current target heart rate for the program. The lit indicators in the bar will show your actual pace. When you wear the chest pulse sensor or hold the handgrip pulse sensor, the console
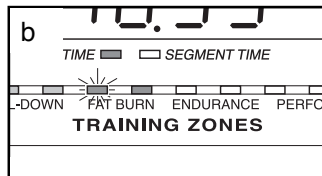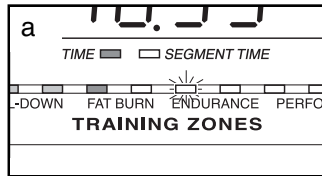
will periodically compare your heart rate to the current target heart rate; if necessary, an indicator in the bar will then flash to prompt you to increase or decrease your pace to bring your heart rate closer to the current target heart rate. If an indicator to the *right* of the lit indicators is flashing (see drawing a), increase your pace. If an indicator to the *left* of any lit indicator is flashing (see drawing b), decrease your pace. When no indicator is flashing, your heart rate is near the current target heart rate. **IMPORTANT: The target heart rates are intended only to provide motivation. Your actu-**

al heart rate may be slower than the current target heart rate. Make sure to exercise at a pace that is comfortable for you.

The program will continue in this way until the main display shows that no time remains in the program.

Note: If you stop pedaling for several seconds, a tone will sound and the program will end. Heart rate programs cannot be stopped temporarily and then restarted.

6. **Monitor your progress with the main display.**

   See step 4 on page 15.

7. **Turn on the fan if desired.**

   See step 6 on page 16.

8. **When the program is finished, the console will automatically turn off.**

   See step 7 on page 16.

HOW TO CONNECT YOUR CD PLAYER, VCR, OR COMPUTER

To use iFIT.com CDs, the elliptical exerciser must be connected to your portable CD player, portable stereo, home stereo, or computer with CD player. See pages 20 and 21 for connecting instructions. **To use iFIT.com videocassettes**, the elliptical exerciser must be connected to your VCR. See page 22 for connecting instructions. **To use iFIT.com programs directly from our website**, the elliptical exerciser must be connected to your home computer. See page 21 for connecting instructions.
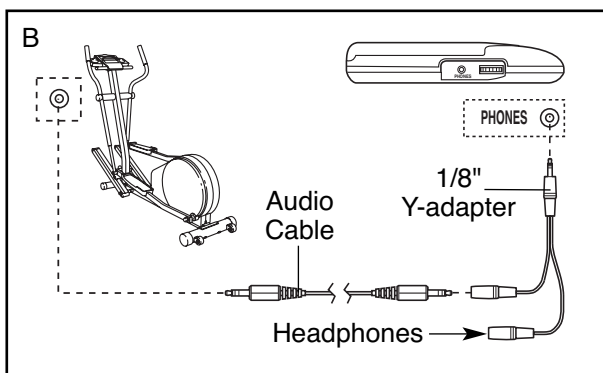
HOW TO CONNECT YOUR PORTABLE CD PLAYER

Note: If your CD player has separate LINE OUT and PHONES jacks, see instruction A below. If your CD player has only one jack, see instruction B.

A. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the LINE OUT jack on your CD player. Plug your headphones into the PHONES jack.
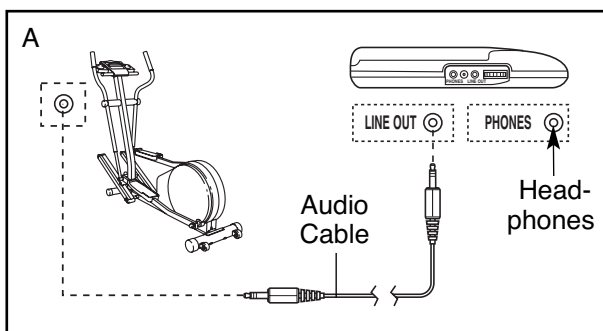
B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into a 1/8" Y-adapter (available at electronics stores). Plug the Y-adapter into the PHONES jack on your CD player. Plug your headphones into the other side of the Y-adapter.

HOW TO CONNECT YOUR PORTABLE STEREO

Note: If your stereo has an RCA-type AUDIO OUT jack, see instruction A below. If your stereo has a 1/8" LINE OUT jack, see instruction B. If your stereo has only a PHONES jack, see instruction C.

A. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the adapter. Plug the adapter into an AUDIO OUT jack on your stereo.

B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the LINE OUT jack on your stereo. Do not use the adapter.
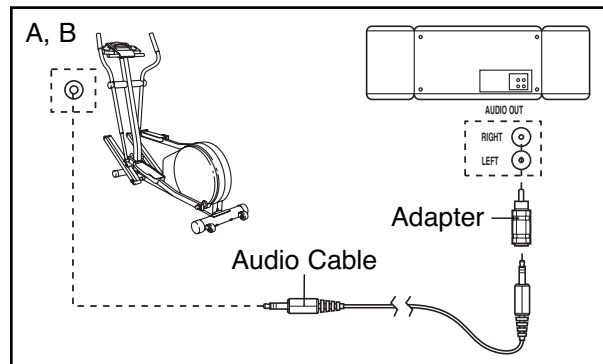
C. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into a 1/8" Y-adapter (available at electronics stores). Plug the Y-adapter into the PHONES jack on your stereo. Plug your headphones into the other side of the Y-adapter.
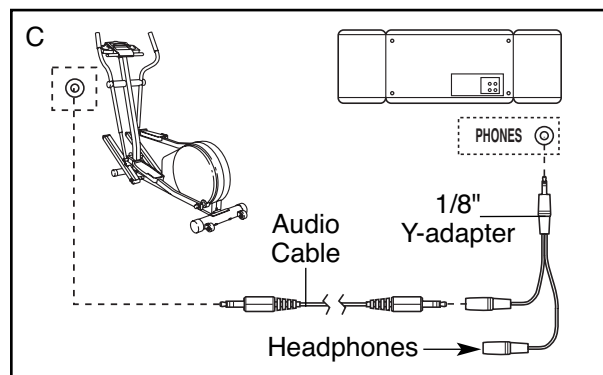
HOW TO CONNECT YOUR HOME STEREO

Note: If your stereo has an unused LINE OUT jack, see instruction A below. If the LINE OUT jack is being used, see instruction B.

A. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the adapter. Plug the adapter into the LINE OUT jack on your stereo.
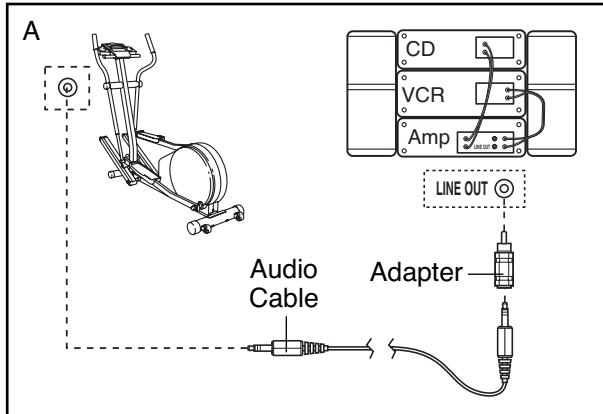

B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the adapter. Plug the adapter into an RCA Y-adapter (available at electronics stores). Next, remove the wire that is currently plugged into the LINE OUT jack on your stereo and plug the wire into the unused side of the Y-adapter. Plug the Y-adapter into the LINE OUT jack on your stereo.

HOW TO CONNECT YOUR COMPUTER

Note: If your computer has a 1/8" LINE OUT jack, see instruction A. If your computer has only a PHONES jack, see instruction B.

A. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the LINE OUT jack on your computer.

B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into a 1/8" Y-adapter (available at electronics stores). Plug the Y-adapter into the PHONES jack on your computer. Plug your headphones or speakers into the other side of the Y-adapter.
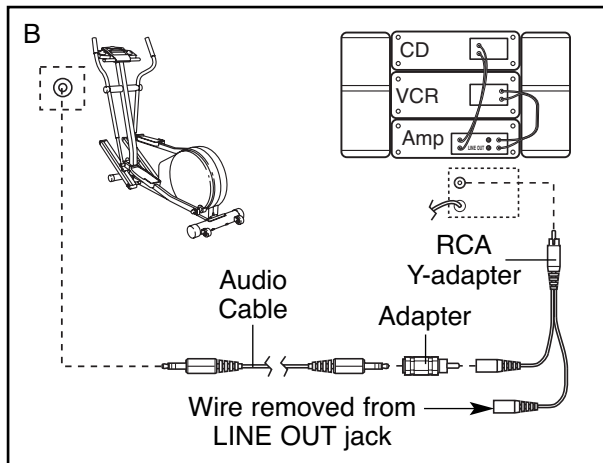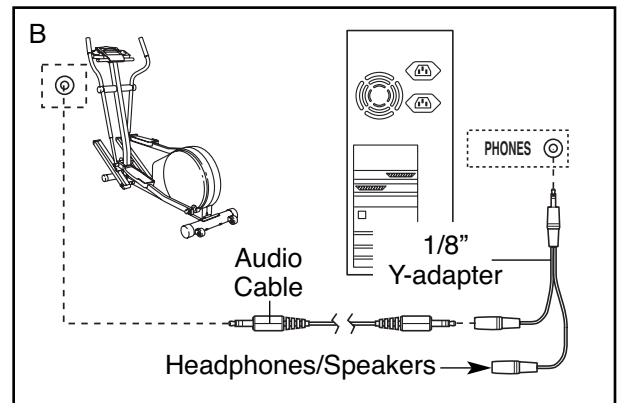
HOW TO CONNECT YOUR VCR

Note: If your VCR has an unused AUDIO OUT jack, see instruction A below. If the AUDIO OUT jack is being used, see instruction B. If you have a TV with a built-in VCR, see instruction B. If your VCR is connected to your home stereo, see HOW TO CONNECT YOUR HOME STEREO on page 21.

A. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the adapter. Plug the adapter into the AUDIO OUT jack on your VCR.
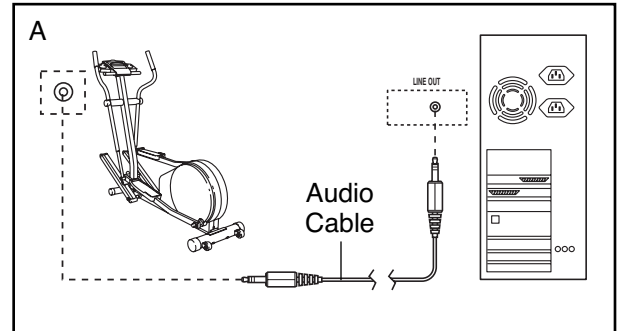

B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the adapter. Plug the adapter into an RCA Y-adapter (available at electronics stores). Next, remove the wire that is currently plugged into the AUDIO OUT jack on your VCR and plug the wire into the unused side of the Y-adapter. Plug the Y-adapter into the AUDIO OUT jack on your VCR.
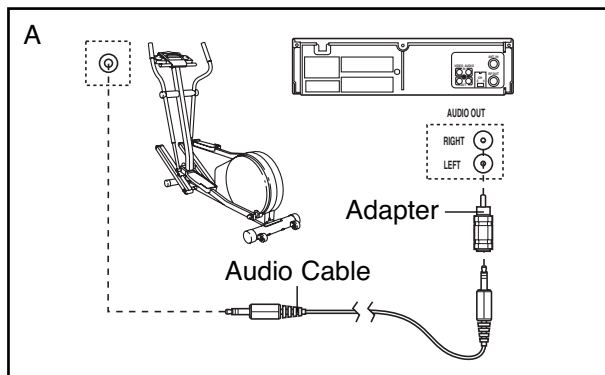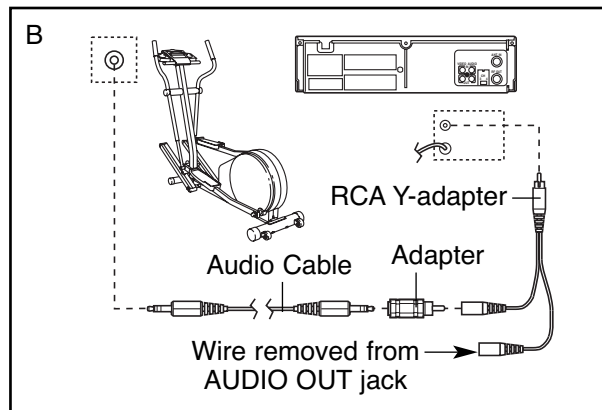
HOW TO USE IFIT.COM CD AND VIDEO PROGRAMS

To use iFIT.com CDs or videocassettes, the elliptical exerciser must be connected to your portable CD player, portable stereo, home stereo, computer with CD player, or VCR. See HOW TO CONNECT YOUR CD PLAYER, VCR, OR COMPUTER on page 20. **To purchase iFIT.com CDs and videocassettes, call the telephone number on the front cover of this manual**

Follow the steps below to use an iFIT.com CD or video program.

1. **Begin pedaling to activate the console.**

   See step 1 on page 15.

2. **Select the iFIT.com mode.**

   When the console is turned on, the manual mode will be selected. To select the iFIT.com mode, press the iFIT.com button. The indicator above the button will light and the words "IFIT MODE" will appear in the main display.
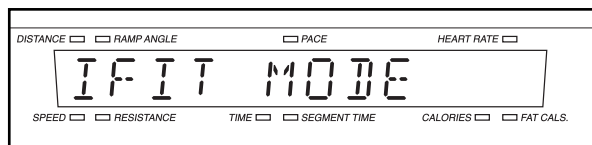
3. **Insert the iFIT.com CD or videocassette.**

   If you are using an iFIT.com CD, insert the CD into your CD player. If you are using an iFIT.com videocassette, insert the videocassette into your VCR.

4. **Press the play button on your CD player or VCR.**

   A moment after the play button is pressed, your personal trainer will begin guiding you through your workout. Simply follow your personal trainer's instructions.

The program will function in almost the same way as a personal trainer program (see step 3 on page 17). However, an electronic "chirping" sound will alert you when the resistance setting and/or the pace setting is about to change.

Note: If the resistance of the pedals and/or the pace setting does not change when a "chirp" is heard:

- **Make sure that the indicator above the iFIT.com button is lit.**

- **Adjust the volume of your CD player or VCR. If the volume is too high or too low, the console may not detect the program signals.**

- **Make sure that the audio cable is properly connected and that it is fully plugged in.**

5. **Monitor your progress with the main display.**

   See step 4 on page 15.

6. **Measure your heart rate if desired.**

   See step 5 on page 16.

7. **Turn on the fan if desired.**

   See step 6 on page 16.

8. **When the program is finished, the console will automatically turn off.**

   See step 7 on page 16.

HOW TO USE PROGRAMS DIRECTLY FROM OUR WEBSITE

Our website at www.iFIT.com allows you to play iFIT.com audio and video programs directly from the Internet. To use programs from our website, the elliptical exerciser must be connected to your home computer. See HOW TO CONNECT YOUR COMPUTER on page 21. In addition, you must have an Internet connection and an Internet service provider. A list of specific system requirements is found on our website.

Follow the steps below to use a program from our website.

1. **Begin pedaling to activate the console.**

   See step 1 on page 15.

2. **Select the iFIT.com mode.**

   When the console is turned on, the manual mode will be selected. To select the iFIT.com mode, press the iFIT.com button. The indicator above the button will light and the words "IFIT MODE" will appear in the main display.

   ```
   DISTANCE ▭ ▭ RAMP ANGLE          ▭ PACE          HEART RATE ▭

        IFIT MODE

   SPEED ▭ ▭ RESISTANCE     TIME ▭ ▭ SEGMENT TIME     CALORIES ▭ ▭ FAT CALS.
   ```
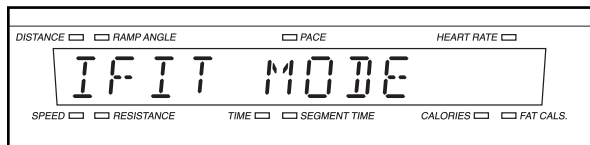
3. **Go to your computer and start an Internet connection.**

4. **Start your Web browser, if necessary, and go to our website at www.iFIT.com.**

5. **Follow the desired links on our website to select a program.**

   Read and follow the online instructions for using a program.

6. **Follow the online instructions to start the program.**

   When you start the program, an on-screen countdown will begin.

7. **Return to the elliptical exerciser and begin pedaling.**

   When the on-screen countdown ends, the program will begin. The program will function in almost the same way as a personal trainer program (see step 3 on page 17). However, an electronic "chirping" sound will alert you when the resistance setting and/or the pace setting is about to change.

8. **Monitor your progress with the main display.**

   See step 4 on page 15.

9. **Measure your heart rate if desired.**

   See step 5 on page 16.

10. **Turn on the fan if desired.**

    See step 6 on page 16.

11. **When you are finished exercising, the console will automatically turn off.**

    See step 7 on page 16.

HOW TO MEASURE YOUR BODY FAT PERCENTAGE

Follow the steps below to measure your body fat percentage.

1. **Begin pedaling to activate the console.**

   See step 1 on page 15.

2. **Press the Body Fat Analysis bar on the right side of the console.**

   ⚠ **CAUTION: The console uses a bioelectrical impedance analysis method to determine body fat percentage, sending a harmless signal through the body. Do not measure your body fat percentage if you have an internal medical device such as a pacemaker. Consult your physician if you have questions.**

   When the Body Fat Analysis bar is pressed, the words "WELCOME TO BODY FAT ANALYSIS" and "USE –/+ BUTTONS TO ADJUST VALUES AND 'ENTER' TO SELECT" will scroll across the main display.

   Before the console measures your body fat percentage, it will prompt you to enter personal data such as your age and weight. Use the –, +, and Enter buttons to enter information. Note: The information that appears in the main display will flash until it is modified.

3. **Enter your age.**

   If you have already entered your age, simply press the Enter button. If you have not entered your age, press the – or + button to enter your age, and then press the Enter button.

4. **Enter your height.**

   If you have already entered your height, press the Enter button. If you have not entered your height, press the – or + button to enter your height, and then press the Enter button.

5. **Enter your weight.**

   If you have already entered your weight, press the Enter button. If you have not entered your weight, press the – or + button to enter your weight, and then press the Enter button.

6. **Enter your gender.**

   If you have already entered your gender ("F" for female or "M" for male), press the Enter button. If you have not entered your gender, press the – or + button, and then press the Enter button.
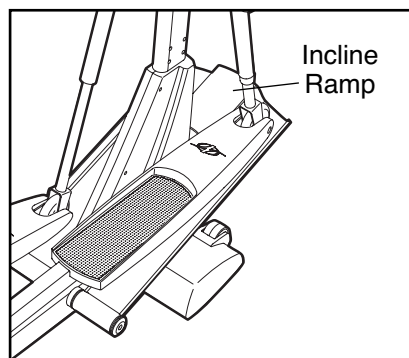
7. **Hold the handgrip pulse sensor.**

   When you hold the handgrip pulse sensor, the main display will begin a 10-second countdown. When the countdown ends, your body fat percentage will appear in the main display.

MAINTENANCE AND TROUBLESHOOTING

Inspect and properly tighten all parts of the elliptical exerciser regularly. Replace any worn parts immediately.

For smooth operation of the elliptical exerciser, **inspect and clean the incline ramp regularly** using a soft cloth and mild detergent. Other parts of the elliptical exerciser can also be cleaned in this way. **Keep liquids off the console. Never use abrasives or solvents.**

Incline Ramp

PULSE SENSOR TROUBLESHOOTING

If the chest pulse sensor does not function properly, see CHEST PULSE SENSOR TROUBLESHOOTING on page 11.

If the handgrip pulse sensor does not function properly, see step 5 on page 16.

HOW TO CALIBRATE THE INCLINE SYSTEM

If the elliptical exerciser's incline system is not working properly, activate the calibration process by following the steps below.

1. Hold down the Resistance 1 button and the Program Select button at the same time for about five seconds. Note: Numbers may appear in the main display. Disregard these numbers.

2. Press the Program Select button again. Note: A combination of letters and numbers may appear in the main display.

3. Press the 30° Ramp button. The ramp will move all of the way up and then all of the way down.

4. Press the Program Select button three times. The console will then be in the normal operating mode and the elliptical exerciser will be ready for use.

HOW TO MOVE THE ELLIPTICAL EXERCISER

Stand in front of the elliptical exerciser, hold the handlebars firmly, and place one foot against the ramp in the location shown below. Pull the handlebars until the elliptical exerciser can be moved on the front wheels, and carefully move the elliptical exerciser to the desired location. Then, place one foot against the ramp, and lower the elliptical exerciser. **Due to the size and weight of the elliptical exerciser, use extreme caution while moving and lowering it.**

Handlebars

Place your foot here

Wheel
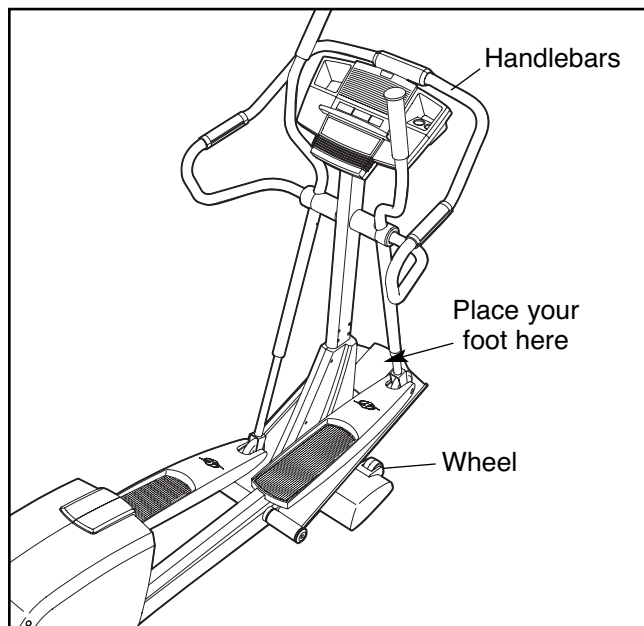
HOW TO LEVEL THE ELLIPTICAL EXERCISER

If the elliptical exerciser rocks during use, turn one or both of the leveling feet under the rear stabilizer until the rocking motion is eliminated.

Leveling Foot
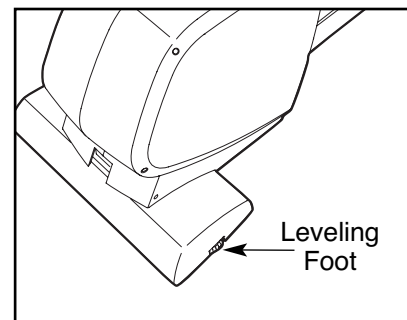
EXERCISE GUIDELINES

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.

The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	155	145	140	130	125	115	💗
145	138	130	125	118	110	103	🖤
125	120	115	110	105	95	90	♥
20	30	40	50	60	70	80	

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your "training zone." The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses *carbohydrate calories* for energy. Only after the first few minutes of exercise does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Warming up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise–never hold your breath.

Cooling down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.
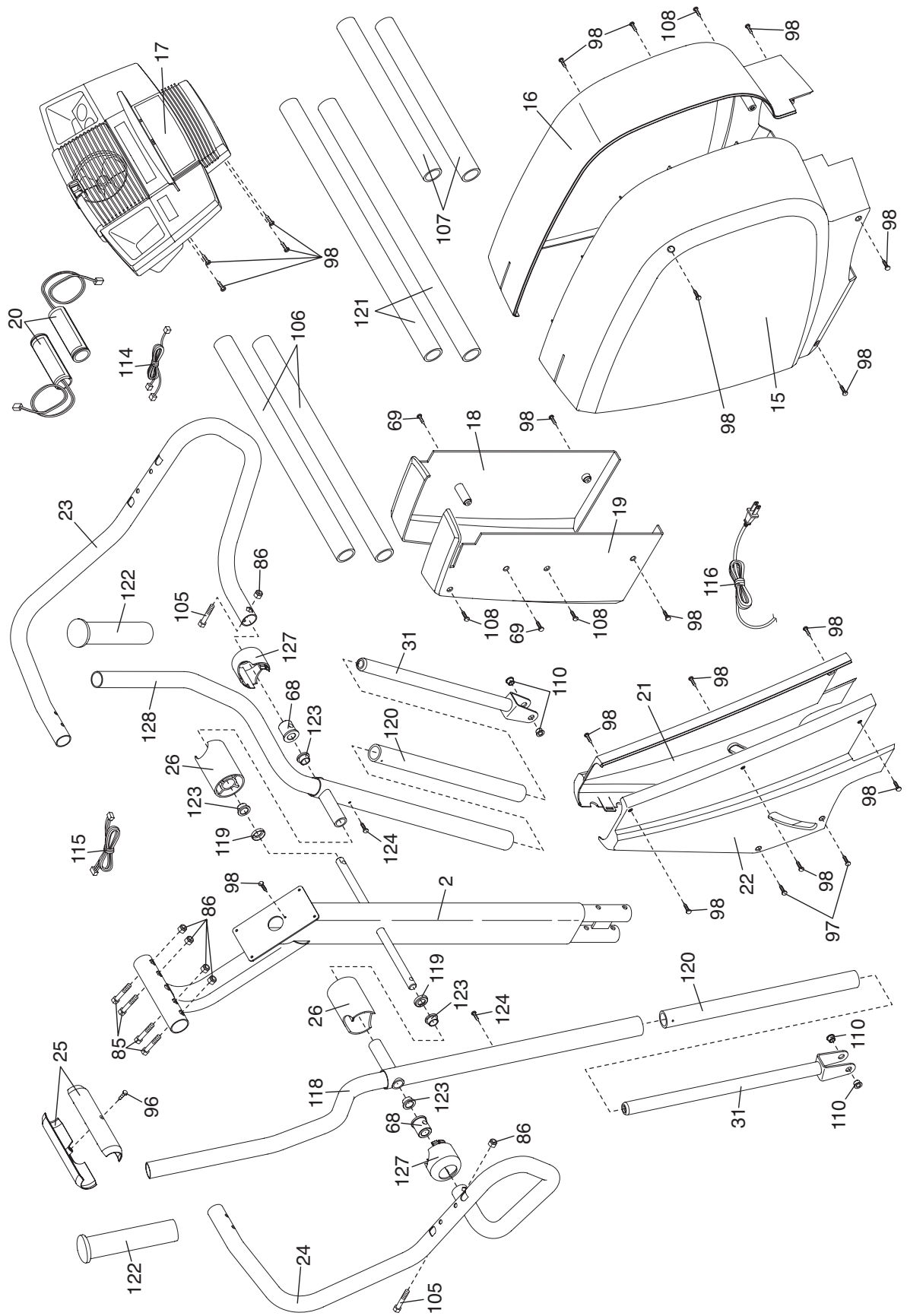
PART LIST—Model No. PFEL07907.0

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	51	4	Pedal Leg Bushing
2	1	Upright	52	1	Resistance Motor
3	1	Ramp	53	1	Reed Switch Bracket
4	1	Left Pedal Leg	54	1	Clamp
5	1	Right Pedal Leg	55	1	Reed Switch/Wire
6	1	Rear Stabilizer	56	1	Return Spring
7	1	Rear Stabilizer Cover	57	1	Guide Rod
8	1	Front Stabilizer	58	1	Resistance Cable
9	1	Front Stabilizer Cover	59	1	Flywheel Axle
10	1	Left Pedal	60	2	Flywheel Bearing
11	1	Right Pedal	61	2	Eye Bolt
12	1	Incline Motor	62	2	Adjustment Bracket
13	1	Incline Axle	63	2	M8 x 47mm Button Screw
14	1	Pivot Axle	64	2	M6 Washer
15	1	Left Side Shield	65	2	M8 x 79mm Bolt Set
16	1	Right Side Shield	66	2	M8 Washer
17	1	Console	67	2	M10 x 50mm Bolt Set
18	1	Right Flywheel Cover	68	2	Handlebar Bushing
19	1	Left Flywheel Cover	69	2	M4 x 16mm Round Head Screw
20	2	Pulse Sensor w/Wire	70	2	M10 x 108mm Button Screw
21	1	Right Incline Cover	71	1	M8 Tek Washer
22	1	Left Incline Cover	72	1	M11 x 40mm Bolt Set
23	1	Right Handlebar	73	2	M10 Split Washer
24	1	Left Handlebar	74	1	M8 x 25mm Button Bolt
25	1	Upper Handlebar Cover	75	1	M10 x 19mm Button Bolt
26	2	Handlebar Cover	76	4	M6 x 16mm Patch Screw
27	1	Frame Cover	77	4	M5 Nut
28	2	Pedal Wheel	78	4	M5 x 16mm Bolt
29	4	Wheel Bearing	79	4	M5 Washer
30	2	Frame Bushing	80	2	M6 x 18mm Bolt
31	2	Upper Body Leg	81	1	M6 x 25mm Bolt
32	1	"C" Magnet	82	2	5/16" x 25mm Flange Screw
33	1	Magnet Bracket	83	4	M8 x 54mm Button Screw
34	1	Left Crank Arm	84	8	M8 x 44mm Button Screw
35	2	29.5mm Pulley Spacer	85	4	M8 x 42mm Button Bolt
36	1	Flywheel	86	6	M8 Jam Nut
37	1	Magnet	87	8	M4 x 38mm Screw
38	1	Pulley	88	3	M8 Nylon Locknut
39	1	Control Box Cover	89	1	M10 Nylon Locknut
40	1	Control Board	90	4	M6 Nut
41	1	Control Box	91	2	M6 Nylon Locknut
42	1	Lower Wire Harness	92	2	Snap Ring
43	1	Crank	93	2	M8 x 56mm Button Screw
44	2	Crank Bearing	94	4	#8 x 9.5mm Screw
45	1	Idler	95	4	M4 x 19mm Screw
46	4	Foot	96	1	M4 x 12mm Round Head Screw
47	4	Ramp Bushing	97	2	M4 x 25mm Screw
48	2	Ramp Cover	98	24	M4 x 16mm Screw
49	1	Incline Sensor	99	2	Ramp Spacer
50	1	Sensor Cover	100	4	M5 Nylon Locknut

Key No.	Qty.	Description	Key No.	Qty.	Description
101	2	31.5mm Pulley Spacer	117	1	Power Socket
102	1	Right Crank Arm	118	1	Left Upper Body Arm
103	1	Flywheel Spacer	119	2	Weld Spacer
104	2	Support Plate	120	2	Sleeve
105	2	M8 x 38mm Button Bolt	121	2	Upper Body Foam Grip
106	2	Upper Foam Grip	122	2	Upper Body Endcap
107	2	Lower Foam Grip	123	4	Upper Body Bushing
108	3	M4 x 25mm Tek Screw	124	2	M5 x 6mm Screw
109	2	7.6mm Spacer	125	2	#8 x 19mm Round Head Screw
110	4	Wheel Bushing	126	1	Stop Bracket
111	2	M8 x 19mm Patch Screw	127	2	Handlebar Cap
112	2	Wheel	128	1	Right Upper Body Arm
113	1	Belt	129	1	Nylon Zip Tie
114	1	Pulse Extension Wire	130	4	M8 Split Washer
115	1	Upper Wire Harness	*	–	Hex Key
116	1	Power Cord	*	–	User's Manual

Note: Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts. *These parts are not illustrated.
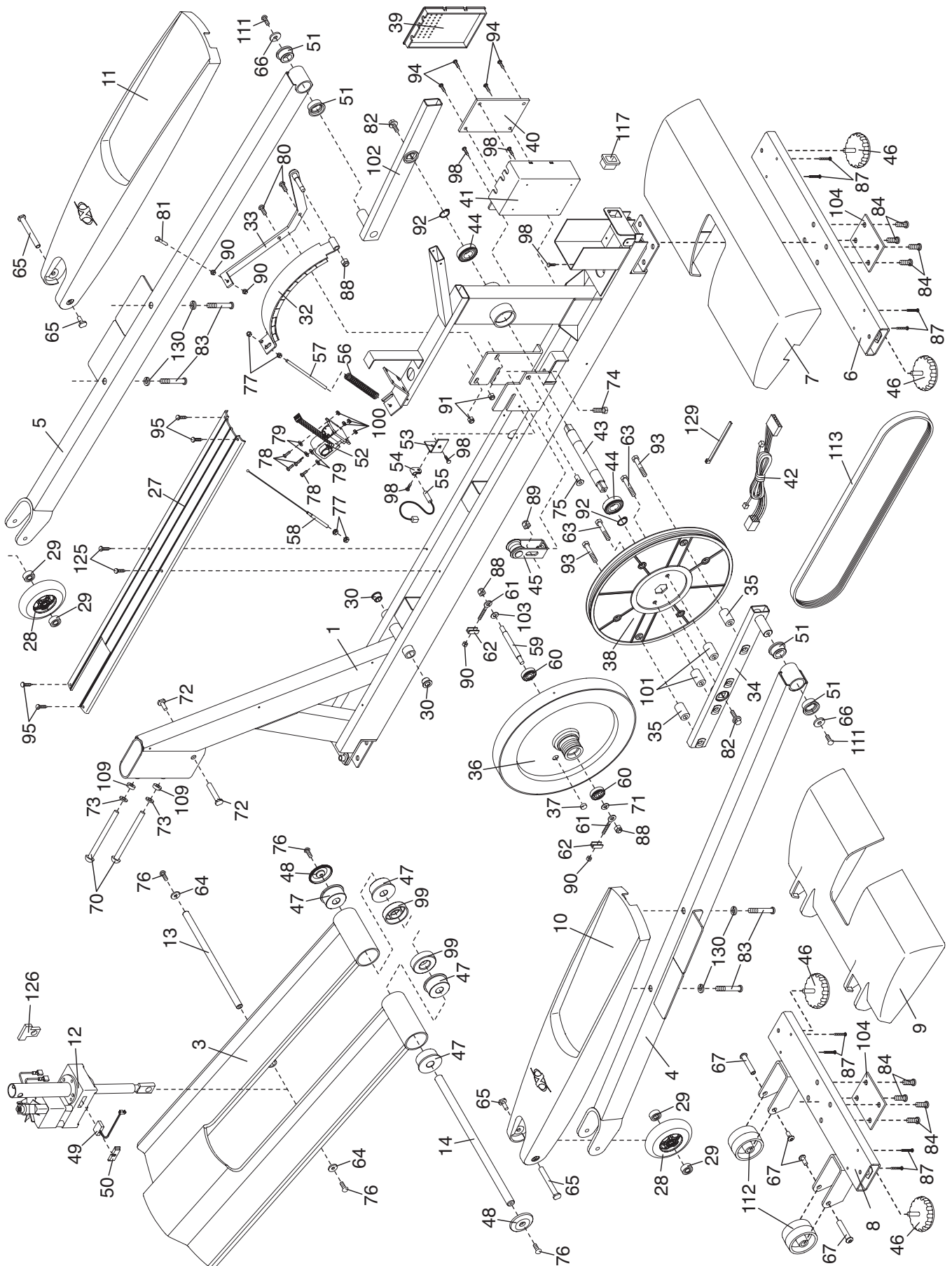
ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

• the model number and serial number of the product (see the front cover of this manual)

• the name of the product (see the front cover of this manual)

• the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of one (1) year from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

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The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

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